

Lehi Community Council Newsletter

November 2008

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Lehi City Celebrates National Family Week November 23 - 29, 2008

Sunday, Nov. 23 Family Week Kick Off! 7pm @ Lehi High School

We are so excited to have **Brad Wilcox** this year. Brad is a popular public speaker, author and associate professor at BYU.

Monday, Nov. 24 Family Day.

Do something special with your family. Make a memory!

Tuesday, Nov. 25 Free Concert 7:00 PM @ Willow Creek Middle School.

A celebration of the family: One Hope, One Dream.

Local Lehi Groups will be sharing their talents.

Half-price entrance to the *Hutchings Museum* on Tue, Wed. & Sat.

Wednesday, Nov. 26 Half-price swim all day @ Lehi Legacy Center

Thursday, Nov. 27 Have a Happy Thanksgiving!

Friday, Nov. 28 Thanksgiving Point Day:

\$2.00 per person at *Farm Country* from 10:00 am to 6:00 pm

\$2.00 off per car at *Holiday Lights*

Free admission to *The Gardens* from 10:00 AM to 5:00 PM

Saturday, Nov. 29 Legacy Center from 7:00pm to 10pm. To end our family week, we are having a super fun **Family Party** with refreshments, dancing and tons of fabulous prizes! Hosted by D.J. Chris

***All business discounts will be honored by showing your **Family Week Discount Card**. Cards will be handed out at the "Kick-Off" at Lehi High School, and will be available at Alpha Graphics and the UPS Store in Lehi



Living "Green" in Lehi

Look for a new article each month about Living Green in Lehi . We will represent the many aspects of "GREEN" . We'll cover recycling, technology, home and garden, food and health, transportation & our positive impact on the world in which we all live.

This list is for your use as a reference of items which are acceptable and unacceptable for recycling. If you have further questions, please contact our Customer Service Department at 801-280-8200.

Tissues, paper towels or other paper that has been in contact with food is **not acceptable**.

All tin cans, bi-metal cans, and aluminum cans must be empty and contain less than 5% food debris.

All aerosol cans must be empty with less than 5% content

All plastic containers must be empty, **caps removed**; less than 5% food debris.

All Fiber must be dry and free of food debris and other contaminating material.

Acceptable Items

- Newspaper
- Magazines
- Glossy Ads (paperclips & staples OK)
- Telephone Books
- Tin Cans (labels may be left on)
- Aluminum Cans
- Corrugated Cardboard
- Cereal Boxes
- Tissue Boxes
- Metal Clothing Hangers
- Paper Towel and Toilet Paper Rolls
- Junk Mail
- Small Appliances including:
 - Toasters
 - Irons
 - Coffee Makers
 - Kitchen Mixers
 - Pots and Pans
- Plastic Containers **#1** (i.e. Soda & Water Bottles) **#2** (i.e. Milk Jugs, Colored Laundry Detergent Bottles, Water Bottles, and other Natural Colored Plastics) **All caps must be removed or the whole bottle will be thrown out.**



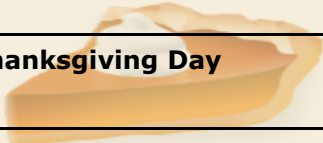
Unacceptable Items

- GLASS
- STYROFOAM (such as packing peanuts)
- FOOD WASTE
- GREEN WASTE (i.e. tree limbs or grass clippings)
- LARGE APPLIANCES (i.e. dishwashers, water heaters, clothing washers or dryers, etc.)
- DIRT AND ROCKS
- ANY PLASTICS **NOT** LABELED #1 OR #2
- Aluminum foil
- Auto glass or ceramics
- Batteries
- Film canisters
- Light bulbs
- Painted wood
- Paper towels
- Plastic grocery bags (Please return to your supermarket)
- Plastic wrap
- Porcelain
- Treated wood





The Hutching's Museum is looking Volunteers young and "older" to help out during the day. Call 768-7180 if you are interested.

Saturday, November 1st	Utah Valley Knapping Association	Come learn how to make arrowheads, spear points and knives out of obsidian and other materials. The UVKA meets at the Hutchings Museum the first Saturday of each month during the school year.	
November 4th 4:00 to 5:30pm	Moccasins 	Come make your own moccasins or slippers	\$10.00 student Ages 8 and up.
Thursday, November 6th 3:30 to 5:30pm	Arrowhead making	Come learn how to flint knap. Each student will receive a beginner kit and basic instruction on how to make arrowheads, spear points, and knives out of obsidian.	\$15.00 Ages 10 and up.
Tuesday, November 11th	Veteran's Day Commemoration	Everyone Invited Saturday, November 8th, 9:00 a.m. Veteran's Memorial Bldg	
Tuesday, November 11th 4:00 to 5:30	Reusable Cloth Gift Bags Can also schedule clubs and groups of more than 8 people for different dates.	Come get ready for the holidays by making some reusable clothe gift bags A great new tradition! Each student will leave with approximately 4 different gift bags	\$12.00 per student Ages 8 and up
Tuesday, November 18th 4:00 to 5:00	Dream catchers Ages 8 and up. Can also schedule clubs and groups of more than 8 people for different dates	Dream catchers A classic gift! Students will learn the legend and purpose of dream catchers while making their own to keep or give as a gift.	\$6.00 per student limit 8 to a class.
Thursday, November 20th 4:00 to 5:00	Medicine Bags	Come learn the reasons and stories that belong to the medicine bag as you make your own.	\$5.00 Ages 8 and up
November 25th to November 29th	Lehi Family Week	1/2 price Museum admission all week Lehi Family Week	
November 26th 4:00	Rock Puppet Show		
November 27th.	Thanksgiving Day 	We will be closed the 27th for Thanksgiving.	

Meals—On—Wheels

VOLUNTEERS NEEDED TO DELIVER MEALS-ON-WHEELS

Meals-On-Wheels needs volunteer drivers in **AF, PG, OREM, PROVO & PAYSON**, one day a week, for one hour, in a four mile delivery radius. Volunteer drivers are the people who actually deliver the meals to elderly, ill, frail, or disabled seniors in their homes. Volunteers use their own vehicles to pick-up the food at the Lehi Senior Center. The individual meals are packed in hot and cold food containers. The Lehi Senior Center Meals-On-Wheels volunteer route consists of 8 to 11 meals in a four mile radius from the senior center.

It takes about ½ hour to 1 hour to complete. The Tuesday route is now open.

Please consider volunteering on Tuesday for one hour, once a week or as a back-up substitute. Thanks to all those who volunteered to drive Lehi.

Did you know?

- Research shows volunteers are happier healthier people.
- Beginning in 2015, one person in Utah will turn 65 years old every 23 minutes.
- The fastest growing segment of our population is age 85 and older.
- Meals-On-Wheels enables seniors to age gracefully at home.

If you are interested in delivering Meals-On-Wheels, please contact Liz Merrell at 229-3821 or emerrell@mountainland.org or Erin Dyreng at 229-3803 or edyreng@mountainland.org



Utah County Senior Services <http://www.utahcountyonline.org/Dept/Seniors/index.asp>

Foster Grandparent Program

Provides older Americans the opportunity to put their life experiences to work for local communities. Foster Grandparents serve as mentors, tutors, and caregivers for at-risk children and youth with special needs through a variety of community organizations, including schools, hospitals, drug treatment facilities, correctional institutions, Head Start and day-care centers.

Utah County Health and Justice Building
151 S. University Ave., Suite 2200
Provo, UT 84601
801-851-7784 801-343-8040 (fax)
Hours: 08:00 am - 05:00 pm Mon. - Fri. except holidays



Senior Companion Program

Provides older Americans with the opportunity to apply their life experiences to meeting community needs. Senior Companions serve one-on-one with the frail elderly and other homebound persons who have difficulty completing everyday tasks. They assist with grocery shopping, bill paying, and transportation to medical appointments, and they alert doctors and family members to potential problems. Senior Companions also provide short periods of relief to primary caregivers.



Utah County Health and Justice Building
151 S. University Ave., Suite 2200
Provo, UT 84601
801-851-7767 801-851-7766 (fax)
Hours: 08:00 am - 05:00 pm Mon. - Fri. except holidays

- Weekly craft class on Friday, 10:00 a.m. to 11:30 a.m.
- Exercise equipment (stationary bike and treadmill)
- Pool tables
- Seniors can use the Legacy Center walking track from 10:00 a.m. to 2:00 p.m. free of charge
- Bingo on Tuesdays and Fridays at 11:30 a.m.
- Widescreen TV, VCR, stereo and movies
- Senior membership cards (\$2 per person)
- **Computers and computer classes with E-mail and Internet access**

Contact Information :

Director: Jan Jonsson Office: (801) 768-7165

Senior Center Location:

123 N. Center St. (East side of the [Legacy Center](#)) Lehi, UT 84043

On Monday, November 6th & Wednesday, November 8th, there will be an AARP **55 Alive Driver Safety Class** at the Center. The class is an 8 hours refresher course. The cost is \$10.00 per person. Call Jan at 768-7165 to register for the class.



R.A.D. SYSTEMS

The National Standard in Self Defense Education(tm)

The Rape Aggression Defense System is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. R.A.D. is not a Martial Arts program. Our courses are taught by nationally certified R.A.D. Instructors and provide each student with a workbook/reference manual. This manual outlines the entire Physical Defense Program for reference and continuous personal growth, and is the key to our *free lifetime return and practice policy* for R.A.D. graduates.

Enroll Now @ Legacy Center 801-768-7124

More info at <http://rad-systems.com/>

Lehi Police Dept will offer merit badge classes.

Please sign up for the following classes by calling 766-5800.



Classes	Dates	Time
First Aid	Nov. 19	7:00 pm

All classes are held at Police Department

Location: 580 West State St. Lehi, UTAH

After Hours: (801) 343-4100.

Lehi Library <http://www.lehi-ut.gov/library/>



Fall Story Time will begin September 8th on Mondays, Tuesdays, Wednesdays, and Thursdays at 9:30, 10:30, 11:30am and 12:30pm. Everyone is welcome! No registration required. We hope that you have had a chance to visit the new **Pointe Meadow Branch** located at 2151 N. Pointe Meadow Drive (1940 W.) 471-5711.

Our hours are: Monday-Tuesday 10:00 am- 5:00 pm, Wednesday-Thursday 10:00am-2:00 pm. Closed Friday, Saturday, Sunday and Holidays.

Lehi Literacy Center <http://www.lehi-ut.gov/literacy/>

One-on one tutoring available year-round, in the following subjects:

- Beginning Reading
- Transitional Reading
- Reading
- Math (Basic through calculus, including algebra)
- ESL (English as a Second Language)
- Computer help
- Spanish



If you are interested in **tutoring**, download and fill out [this form](http://www.lehi-ut.gov/literacy/files/Volunteer_Registration.pdf) http://www.lehi-ut.gov/literacy/files/Volunteer_Registration.pdf

If you are interested in either becoming a **student** fill out this form http://www.lehi-ut.gov/literacy/files/Student_Registration.pdf

Lehi City Arts Council www.lehicityarts.org

AUDITION NOTICE: Auditions for *The Best Christmas Pageant Ever* will be held on Thursday, October 23rd from 7:00 p.m. until 9:00 p.m. Show will run December 11-15 and will be directed by Robert Smith. Actors of all ages are needed for this show and would be a great family activity for the holiday season.

LEHI SILVER BAND welcomes Don McGuire as the new band director. Don has a Masters of Music in Conducting from Brigham Young University. He is licensed in Utah and Idaho in secondary education and has taught school band curriculum in both Utah and Idaho. Don served as the President of IMEA District 5 where he oversaw district music activities. The Silver Band will resume rehearsals on Wednesday, October 15th and will rehearse each Wednesday from 7:00 p.m. until 8:30 p.m.

LEHI CHORALE welcomes Sandra Harris as the new director. Sandra previously taught music at Lehi High School and was the founder of the Encore program. She currently teaches elementary education theatre in Alpine. The Chorale rehearses on Tuesday evenings from 8:00 p.m. until 9:30 p.m. They will perform at Temple Square on December 21st.

ADULT ART WORKSHOPS include Art Critique (October 18) and Photography (October 25). These workshops will be helpful to anyone interested in participating in the upcoming *Naturally Lehi* photography competition held in January.

MARIONETTE CLASS is currently working on their production of A Christmas Carol. Shows will take place during the Christmas in Lehi Celebration event on December 6th.

JR MUSICAL THEATRE production of *Alice in Wonderland* will take place November 6 – 10. Tickets can be purchased from cast members or at the Lehi Arts Center on Monday and Wednesday between 5:00 p.m. and 6:30 p.m.

WINTER WORKSHOPS will begin on January 26th. Children's Musical Theatre classes will include Kidz (ages 4-7) Disney's Aristocats and Junior (ages 8–15) Honk! Jr. Other classes will include Arts and Crafts, Sculpture, Puppetry, Mom & Tot Music and Movement, and much more. Watch the website www.lehicityarts.org for registration.

Come visit the new Utah National Parks Council's website! We have a new look and a new strategy to better serve you, our great volunteers and our community at large. There are many more improvements coming so stay tuned!

One of first new features is the "[E-List Signup](#)", or electronic mailing list. You'll want to sign up now so that you can receive the latest news, event information and Scouting "Tips and Tricks".

Lehi District website is http://www.utahscouts.org/openrosters/view_homepage.asp?orgkey=2196



American Legion Post 19-Lehi, Utah <http://www.amlegpost19.com/>

"Why You Should Belong" to The American Legion!

An American Legion Post is, basically, Americans taking care of Americans. As a Legion member, you will open an unending catalog of opportunities to expand your life and utilize your unique talents. To fully understand the scope of American Legion membership, we invite you to take a few moments to visit the American Legion website at <http://www.legion.org/> or attend the next post meeting. We believe you will find an organization that is worthy of your time, talents and energy.

Membership Eligibility Requirements

April 6, 1917 to November 11, 1918 (World War I)
December 7, 1941 to December 31, 1946 (World War II)
June 25, 1950 to January 31, 1955 (Korean War)
February 28, 1961 to May 7, 1975 (Vietnam War)
August 24, 1982 to July 31, 1984 (Lebanon/Grenada)
December 20, 1989 to January 31, 1990 (Operation Just Cause - Panama)
August 2, 1990 to today (Operation Desert Shield/Storm)

Print, fill out & return the following application.

http://webhosting.web.com/imagelib/sitebuilder/misc/show_image.html?linkedwidth=actual&linkpath=http://www.amlegpost19.com/sitebuildercontent/sitebuilderpictures/MembershipApp_doclrq.gif&target=tlx_pic74tc

Contact Info: <http://www.amlegpost19.com/id3.html>

**Veteran's Day
Memorial Program**

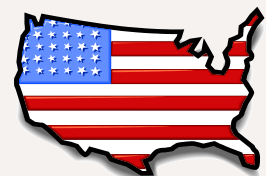
Everyone Invited

Saturday, November 8th,

9:00 a.m.

Veteran's Memorial Bldg

55 N. Center St. Lehi, UT



Other Information

“Not to be Overlooked “

Every Vote Counts

November 4th.

Tuesday

Get more information at:

www.leaveyourprint.com

Thanksgiving Point

Education Department is in need of volunteers. Teen Leaders ages 13 and up will help in assisting with **After school classes**. Anyone interested contact Connie Packer at 369-3676.

Send this newsletter to anyone you feel might enjoy and use the information found.

To stop receiving this newsletter reply to this e-mail with “stop newsletter” in the subject line.

Adult and Youth Volunteer Service Opportunities

- Hutching's Museum has some projects that would work well for Eagle Scout projects. Contact the Museum 768-7180
- Lehi Family Week will meet the 4th Thursday of every month. Those looking to help in big or small ways are welcome to attend. Contact Connie Packer at 766-4029.
- Volunteers are needed with the BSA in Lehi. Contact Lenny Wing 768-8345.
- The Lehi Community Council is looking for volunteers for the following committees...
 - *Lehi Easter & Christmas Community Events
 - *Marriage ConferenceContact Rick and Linda Turner 768-1102 for more info.
- Meals on Wheels Contact: Liz Merrell at 229-3821 or emerrell@mountainland.org or Erin Dyreng at 229-3803 or edyreng@mountainland.org

Please feel free to contribute to this community newsletter.

If there is news-worthy information you would like to add just send me an e-mail with all the information.
cindylee-muir@gmail.com

Remember this is not a sales forum. We do not advertise business information.

To submit articles or information for this newsletter contact:

Cindy Lee Muir 801-768-3149

E-mail: cindyleemuir@gmail.com

Visit www.lehicity.com for an online copy of this newsletter.